



Listing of Claims

This listing of claims will replace all prior listings of claims in the application:

Claims 1-27 (cancelled)

28. (New) A method of replenishing electrolyte levels lowered by passive transpiration/perspiration comprising a step of orally administering to a person in which the electrolyte levels are or will be lowered a liquid composition comprising from about 0.3 to about 0.7 g/liter of a sodium compound, about 0.3 to about 0.5 g/liter of a potassium compound, about 1.2 to about 1.8 g/liter of a magnesium compound, about 0.2 to about 0.8 g/liter of a calcium compound, about 0.002 to about 0.005 g/liter of a manganese compound, about 0.04 to about 0.08 g/liter of a zinc compound, about 0.025 to about 0.25 g/liter of Rutin, about 0.00013 to about 0.0003 g/liter of Biotin, about 0.004 to about 0.03 g/liter of beta-carotene and about 0.005 to about 0.002 g/liter of alpha-tocopherol.

29. (New) The method of Claim 28, wherein the sodium compound is sodium chloride, the potassium compound is potassium phosphate, the magnesium compound is magnesium pidolate, the calcium compound is calcium acetate and calcium ascorbate dihydrate and the zinc compound is zinc gluconate.

30. (New) The method of Claim 28, wherein the liquid composition contains a carbohydrate source in an amount not exceeding 2.5% by weight, and not more than 250 parts by weight of sodium ion.

31. (New) The method of Claim 28, wherein the passive transpiration/perspiration is caused by thermal therapy.

32. (New) The method of Claim 31, wherein the thermal therapy is hot mud treatment.

33. (New) The method of Claim 28, wherein the sodium ion/potassium ion ratio is no greater than 2.5.

34. (New) The method of Claim 33, wherein the sodium ion/magnesium ion ratio is no greater than 2.5.

cont.
35. (New) A method of replenishing electrolyte levels lowered by passive transpiration/perspiration comprising a step of administering to a person in which the electrolyte levels are or will be lowered a powder composition comprising from about 50 to about 170 mg of a sodium compound; from about 80 to about 150 mg of a potassium compound; from about 300 to about 500 mg of a magnesium compound; from about 50 to about 1,000 mg of a calcium compound; from about 0.6 to about 1 mg of a manganese compound; from about 10 mg to about 20 mg of a zinc compound; from about 2.5 to about 25 mg of Rutin; from about 0.03 to about 0.08 mg of Biotin; from about 1 to about 4 mg of beta-carotene; and from about 2 mg to about 8 mg alpha-tocopherol.

36. (New) The method of Claim 35, wherein the sodium compound is sodium chloride, the potassium compound is potassium phosphate, the magnesium compound is magnesium pidolate, the calcium compound is calcium acetate and calcium ascorbate dihydrate, and the zinc compound is zinc gluconate.

37. (New) A method of replenishing electrolytes lost by passive transpiration/perspiration comprising a step of administering to a person in which the electrolyte levels are or will be lowered a unitary solid composition comprising from about 6 to about 11 mg of a sodium compound; from about 8 to

about 12 mg of a potassium compound; from about 18 to about 22 mg of a magnesium compound; from about 0.3 to about 0.5 mg of a manganese compound; from about 4.0 to about 6.2 mg of a zinc compound; from about 1.3 to about 1.8 mg of vitamin C; from about 2.0 to about 2.5 mg of Rutin; from about 0.005 to about 0.008 mg of Biotin; from about 0.04 to about 0.06 mg of beta-carotene; and from about 0.05 to about 0.15 mg alpha-tocopherol.

38. (New) The method of Claim 37, wherein the sodium compound is sodium, the potassium compound is potassium phosphate, the magnesium compound is magnesium oxide, and the zinc compound is zinc gluconate.

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39. (New) A method of replenishing electrolytes lost by passive transpiration/perspiration comprising a step of administering to a person in which the electrolyte levels are or will be lowered a composition comprising, when solubilized: at least 100 parts by weight of potassium ion; sodium ion in an amount not exceeding 250 parts by weight; at least 100 parts by weight of magnesium ion; a carbohydrate source not exceeding 2.5% by weight, zinc in an amount not exceeding 30 parts by weight and manganese in an amount not exceeding 10 parts by weight.

40. (New) The method of Claim 39, wherein the sodium and potassium ions are provided by including in the composition sodium chloride and potassium phosphate, respectively.
